



The Four key courses in Fitness Bundle:

1. Kettlebell Fitness Training
2. Juicing - For Health & Longevity
3. Boost Your Immunity
4. Healthy Diet

Course O1 – Kettlebell Fitness Training

Curriculum

- Introduction – Kettle Bell Fitness Training
- How to Properly Choose A Kettlebell
- Benefits of Kettlebell Training
- Common Kettlebell Mistakes
- Common Mistakes During Kettlebell Exercises
- Ways to Use Kettlebells
- Kettlebell Workouts for Beginners
- Kettlebell Workout Plans
- Kettlebell Workout Tips & Tricks
- Conclusion – Kettle Bell Fitness Training

Course O2 – Juicing - For Health & Longevity

Curriculum

- Beginners Guide to Juicing
 - The Science of Juicing
 - Juice Cleanses
 - Juicing & Anti-Aging
 - Juicing & Energy
 - Store Bought or Homemade – Pros & Cons
 - The Many Benefits of Juicing
 - Great Recipes for Juicing
 - Going Beyond Juicing
 - Why your Healthy Lifestyle is Important
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Course 03 - Boost Your Immunity

Curriculum

- Introduction to Immunity Boosting Foods
- The Immunity Problem
- Nutrition for your Immune System
- Phytochemicals and Immunity
- Antioxidants and your Immune System
- Polysaccharides – Improving your Wellbeing
- Cancer Fighting Foods
- Omega-3 Helps Fight Diseases
- Prebiotics and your Immunity
- Probiotics and your Gut
- Top 10 Immunity Boosting Foods
- Final Tips & Ideas – Immunity Boosting Foods

Course 04 - Healthy Diet

Curriculum

- Healthy Eating Lifestyle
 - Powerful Benefits Of Eating Healthy
 - Alkaline Foods vs Acidic
 - Understanding The Food Pyramid
 - Food Cholesterol
 - Recommended Foods For Exceptional Health
 - Cooking Simple Healthy Meals
 - Guidelines To Well-being
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